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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE · WASHINGTON, D.C. 20250

35TH YEAR

MAY 22, 1978

TRACE MINERAL DEFICIENCY

To gain possible insights on the importance of zinc in human pregnancy, scientists at the University of Montana are studying zinc-deficient diets during pregnancy in rhesus monkeys. The deficiency has caused abnormal behavior in their offspring, according to reports by the U.S. Department of Agriculture.

Infants of rhesus monkey mothers deprived of zinc during pregnancy played and explored less. They remained with their mothers a greater proportion of the time and were less active than control infants during the early weaning period.

The Montana studies are an outgrowth of research with rats by USDA's Science and Education Administration at its Human Nutrition Laboratory in Grand Forks, North Dakota. Nutritional biochemist Gary W. Fosmire, of the Grand Forks Laboratory, found that zinc-deficient rats gave birth to smaller offspring whose brains were also smaller and apparently contained fewer cells. As of now, the relationship between brain composition and behavior is unknown.

Dr. Harold H. Sandstead, medical officer at the laboratory, said the frequency of zinc-deficiency in human fetuses is unknown. It seems unlikely that the deficiency would be as severe as that produced experimentally in the monkeys or rats. However, zinc-deficiency may occur in some human mothers.

Zinc-rich foods are meat, fish, poultry, dairy products, nuts and legumes.

The continuing study at the University of Montana is conducted under a USDA research agreement.

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AND MORE TOMATOES

Tomatoes are the number one processed vegetable in the United States. And what has taken them to the pinnacle, say U.S. Department of Agriculture economists, is the fast food restaurant. Specializing in french fries, hamburgers and pizza, the fast food industry has almost single-handedly caused us to eat more tomato products.

We've been consuming more catsup, chili sauce, tomato paste and tomato sauce in recent years. In fact, per-capita consumption of these products has climbed from under 9 pounds in 1965 to over 13 pounds in 1976 and it doesn't appear that the trend is easing.

We're still eating about the same amount of tomato pulp and puree each year, consuming a little more canned whole tomatoes, but we're declining in our consumption of tomato juice. Altogether, we ate 22.4 pounds of processed tomatoes last year, compared with 18.9 in 1965.

USDA 1380-78

NEW SCHOOL LUNCH

PROPOSAL OFFERED

No candy, soda water, frozen desserts or chewing gum could be sold at schools participating in the National School Lunch program until after the last lunch period under a proposal announced by the Assistant Secretary of Agriculture Carol Tucker Foreman. The purpose of the proposal is to prohibit the sale of these foods which are believed to have contributed to a decline in the consumption of nutritious foods in school and to reduced participation in the school lunch and breakfast programs.

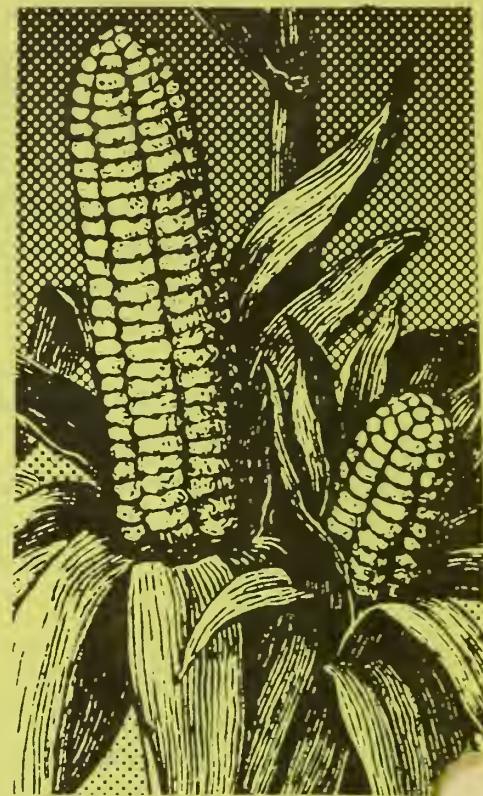
Regulations define candy as a processed food consisting of sugar, corn syrup or other sweeteners. These may be combined with other ingredients such as chocolate, dairy products, egg products, fruits, nuts, flavorings and colorings. Candy products include: hard candy, gum-like candies, creams, jelly, marshmallows, nougats, fudges, toffees, caramels, glazed candies, chocolates and chocolate-coated candy fruits and nuts.

Chewing gum is defined as flavored products made from natural or synthetic gums and other ingredients which form an insoluble mass for chewing. Frozen desserts include flavored ice bars and sherbets.

Comments on the proposal and/or any questions concerning this are invited and should be sent by June 9, 1978 to Margaret Glavin, Acting Director of the School Programs Division, Food and Nutrition Service, USDA, Washington, D.C. 20250.

CORN POPPING

There may be less corn for popping this year, according to economists at the U.S. Department of Agriculture. Crops declined sharply in 1977, dipping nearly 200 million pounds from the year-earlier record, down to 409 million pounds. The 33 percent decline spanned all producing states, with declines ranging from 71 percent in Missouri to 21 percent in Indiana.



The weather held up well during the planting season but early drought conditions hurt the yields in the South, and excessive wetness in some areas hampered harvest operators. Nebraska remained the largest producer, with Indiana, again, the only other state turning out more than 100 million pounds.

DID YOU KNOW?

The corn belt states--Illinois, Indiana, Iowa, Missouri, and Ohio--produce more corn than any other region in the country?

* * *

Illinois was the leading corn state in 1976?

(Continued on p. 4)

COST OF FOOD AT HOME FOR A WEEK (MARCH 1978)

	Thrifty plan	Low-cost plan	Moderate- cost plan	Liberal plan
FAMILIES				
Young couple.....	\$24.90	\$32.40	\$40.50	\$48.30
Elderly couple.....	22.20	28.90	35.60	42.60
Family of 4 with preschool children.....	35.00	45.00	56.00	66.90
Family of 4 with elementary school children.....	42.00	54.20	67.90	80.90
INDIVIDUALS*				
Women				
20-54 years.....	10.20	13.30	16.40	19.50
55 years and over.....	9.20	12.00	14.70	17.40
Men				
20-54 years.....	12.40	16.20	20.40	24.40
55 years and over.....	11.00	14.30	17.70	21.30
Children				
1-2 years.....	5.60	7.10	8.70	10.40
3-5 years.....	6.80	8.40	10.50	12.60
6-8 years.....	8.60	11.00	13.80	16.40
9-11 years.....	10.80	13.70	17.30	20.60
Girls 12-19 years.....	10.30	13.10	16.20	19.30
Boys 12-14 years.....	11.50	14.60	18.30	21.80
15-19 years.....	12.70	16.20	20.20	24.30

* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: The publication "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94, describes USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based. Single copies are available from the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

FOOD CLIPS

Popularity of a pork cut, season of the year, amount of handling or processing, and type of retail store all influence price. But, price is not a good guide to quality, tenderness, or nutritive value of pork, according to U.S. Department of Agriculture home economists.

* * *

Luncheon meat is frequently sold sliced, but bologna and other sausages may be sold in whole rolls or chunks. Some of the specialty loaf-style meats contain cheese, pickles, olives, macaroni, or pimiento. Read the label for the type of meat you want to serve, or need for special party-fare.

* * *

Fresh pork sausage does not retain quality as long in the freezer as other fresh pork cuts.

* * *

The weight of meat (when barbecued) must not exceed 70 percent of fresh uncooked meat. It must have a barbecued or crusted appearance and be prepared over burning or smoldering hardwood or hardwood sawdust. If cooked by some other method that fact must be mentioned on the label.

* * *

A product marked "beans with bacon in sauce" must have at least 12 percent bacon if it bears the mark of USDA federal inspection.

* * *

Bacon dressing must contain at least 8 percent cured, smoked bacon.

DID YOU KNOW? (CON'T)

Top competitor of corn is soybeans?

* * *

Missouri is the country's leading producer of corn cob pipes--and charcoal, cedar novelties, white oak barrel stoves, and walnut logs, lumber, woodenware, and nut meats (the world's largest walnut cracking plant is in Missouri)?

* * *

Illinois is the leading producer of horseradish, onion sets, red clover seeds, and would you believe swiss cheese?

ABOUT

YOU

'N'

ME

Dawn Smith, food editor of Grit newspaper (Pa.), for five years, has retired to have a family. Susan Stige is now food editor. Ann Swisher will continue to handle the beauty-fashion and home and garden features for Lifestyle editor Naomi Woolver...Pat Wagner of Pat Wagner Communications in New York City, is now president of the New York Press Women. NYPW will host Sarah McClendon, veteran Washington newswoman and member of the Texas Press Women's group, for the introduction of her new book, "My Eight Presidents," on June 12.....Joy Gallagher, food editor of the Flint (Mich.) Journal has organized the "Kitchen Klutzs of America"----which means what it says. More than 1,500 readers have requested membership cards. Motto of the group is "Sorry, I burned the tossed salad!".....Readership of the Journal food pages has soared with their novel approach to cooking mistakes.